

SPA MENU

TERME DI STIGLIANO

ANCIENT WATERS,
NATURE AND WELLNESS

*The essence of
Roman Tuscia Region*

HELIUS DAY SPA



RITUALS AND TREATMENTS
*Inspired by ancient Roman
thermal baths and the traditions of
the Tuscia region*

EXCLUSIVE EXPERIENCE

LUCI DI STIGLIANO

A complete face and body experience that guides the guest on a profound sensory journey, featuring balsamic aromas and relaxing techniques to promote the rebalancing of body and mind.

75 min €145



THERMAL EXPERIENCES

*The most iconic experiences of Terme di Stigliano,
inspired by ancient Roman thermal traditions*

AQUAE APOLLINARES

An immersive experience among steam, warm clays, and ancient thermal waters, inspired by the Baths of Apollo

€165
110 min

SULPHURIAE STYGIANAE

Deep purifying ritual utilizing sulfur waters and heated thermal mud to detox and revitalize

€135
75 min

ARGILLA THERMALIS

A rebalancing thermal mud ritual to restore harmony and well-being

€95
50 min

VENUS

Thermal water and clay facial beauty ritual for a purified and radiant complexion

€55
25 min

ROMAN CAVE RITUALS

Discover ancient wellness practices to experience on your own journey through Stigliano's thermal spaces

€10/€15



TUSCIA REGION RITUALS

*Regional ingredients and traditions reimaged for
modern wellness*

HONEY RITUAL

A sensory journey dedicated to nourishing and caring for the skin with local honey and precious oils

€85
45 min

TUSCIA GOLDEN RITUAL

Body ritual inspired by Mediterranean oils and fragrances to deeply nourish and brighten the skin

€50
20 min

ANCIENT GRAINS RITUAL

An exfoliating ritual with ancient grains from Tuscia to smooth and regenerate the skin

€50
20 min



COUPLE EXPERIENCES

COUPLES' MASSAGE

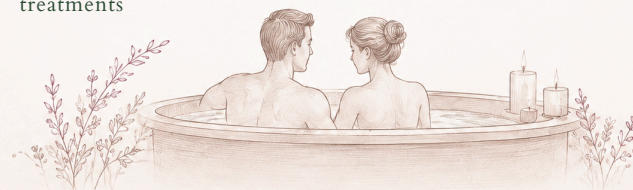
A relaxing shared experience to enjoy wellness together

€198
50 min

PRIVATE SUITE EXPERIENCE

An exclusive ritual that delivers deep relaxation and connection within an intimate setting, featuring a jacuzzi bath and customized treatments

€230
75 min





FACE RITUALS

INTENSIVE BOOSTER

A natural lift that brightens the complexion and creates a silky texture, using a mix of ultra-concentrated boosters and a targeted massage

€125

50 min

ANTI-AGE

An anti-aging treatment designed to tone and illuminate, thanks to a high concentration of natural active ingredients

€95

50 min

DETOX

A plant-based treatment to repair blemished or combination skin, using purifying and regenerating creams, suitable for men's skin too

€85

50 min



BODY RITUALS

SUPERFOOD SKIN RITUAL

An anti-free radical treatment designed for a lifting and push-up effect, formulated to reduce skin discolorations and uneven skin tone

€160

110 min

DOLCE VITA

A uniquely scented treatment infused with sweet orange and lemon essential oils to revitalize the skin, restoring softness and radiance

€100

50 min

SOTTO SALE

An energizing boost featuring Sicilian sea salt, essential oils of Piedmont peppermint and wild mint, combined with green tea and ginseng root extracts

€100

50 min



MASSAGES

A wellness journey to rediscover balance and harmony

QUIETE

A deeply relaxing and enveloping massage to melt away tension and stress.

€95/€135

50/75 min

LINFA

A draining and revitalizing massage to promote lightness and vitality

€95/€135

50/75 min

IGNIS

Deep tissue massage to release muscular tension.

€95/€135

50/75 min

LUX

A massage dedicated to facial radiance and relaxation

€55/€95

25/50 min

PARTIAL MASSAGE

A localized massage focusing on the back, legs, or neck

€55

25 min

STIGLIANO BAMBOO

A deep bamboo massage to melt away tension and restore balance

€110

50 min



BAMBOO GROVE

Enjoy an exclusive experience in our bamboo grove. Subject to availability and weather conditions

€20



YOUR WELLNESS EXPERIENCE STARTS HERE

Flowing from an ancient natural spring, the thermal waters of Stigliano offer a unique, mineral-rich heritage. Together with the local ingredients and traditions of Tuscia, they bring to life authentic rituals for the body, mind, and spirit



Terme di Stigliano has chosen MEI – Le Migliori Erbe Italiane – as its cosmetic partner for face and body rituals. This collaboration unites local tradition with Italian cosmetic research, creating wellness experiences that combine efficacy, naturalness, and sensory pleasure

WHERE THE ANCIENT WATERS OF STIGLIANO MEET THE LAND

Live the Tuscia Experience



OPENING

Every day 10:00 - 20:00



INFO AND RESERVATIONS

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